



Fruit Sundae (serves 4)



2 cups of your favorite fruit; 1 cup (8 oz.) plain or low-fat vanilla yogurt;

2 cups ready-to-eat cereal; 4 large glasses or paper cups.



Wash fresh fruit (i.e., remove seeds and pits), drain canned fruit or thaw frozen fruit.

Place 2 tbsp. of fruit in the bottom of the cup. Spoon 2 thsp. yogurt on top of the fruit laver.

> Spoon 2 tbsp. cereal on top of the yogurt. Repeat twice.



This will make three lavers of each ingredient. Enjoy with your family & friends.

fruit, a bagel, a hard-cooked egg, or low-fat yogurt to eat on the way to school or play.





rovider and employer.